

Benefits And Side Effects of Tea Tree Oil



Benefits

Safe to use as a natural mosquito repellent



May be helpful for acne due to its antimicrobial properties

Helps with athlete's foot and nail fungus



Can help treat minor cuts and wounds

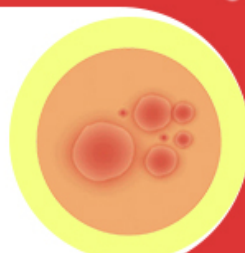
Side effects

Oral consumption of tea tree oil may cause breathing problems, loss of muscle coordination, and confusion



Some people may experience skin irritation or contact dermatitis on topical application

May cause dryness and redness for some



Might cause headaches and nausea if inhaled

References:

1. An effective mosquito-repellent topical product from liquid crystal-based tea tree oil; ScienceDirect
2. Tea Tree Oil; National Center for Complementary and Integrative Health